The Fort Huachuca Scout &

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Photo courtesy of Western Pilot Service

See pages B1, B3

Inside



Combatives

Soldiers take it to the next level.



Horsing Around

B-Troop gets new ride.



CISM

World Military Volleyball
Championship opens Saturday.

See page A4 See page A10

Corrections: For the record

The article, "DOD hiring initiatives allow local IED survivors to fight back," which appeared on page A-5 in the June 1, 2006 edition of "The Fort Huachuca Scout," contained incorrect information. Tom O'Brien is the director, Civilian Personnel Advisory Center and not the Fort Huachuca Army Career and Alumni Program director. The correct phone number for information about the Wounded Warrior program is 533-3374. All photos in the page A-11

article, "Colorful mixture of cultures on display" should have been credited to Staff Sgt. Jeff Troth. Three photos were erroneously credited to Anthony Reed.

The "Scout" welcomes comments and suggestions, or complaints about errors that warrant correction. Please call 533-1987 or e-mail thescout@hua.army.mil.

When summer heats up, fire safety is foremost

By Joan Vasey

Last week's human-caused 103 Fire in the Huachuca Mountains burned more than 2,000 acres within about two days. Although no homes were lost, the blaze should serve as a wake-up call that fire season is here. Continued dry weather combined with rising temperatures mean that everyone must be more diligent during forays into the great outdoors.

Although fire danger conditions are not vet "Extreme," prevention on our part can help prevent a wildfire. When camping or having an outdoor barbecue, opt to use a gas or propane grill rather than using charcoal or wood. While it may not be as romantic or as much fun to sit around a gas or propane lamp as it is to sit around a golden campfire at night, it's a lot safer for the environment until monsoon season is fully established. As members of the Fort Huachuca community, we are all stewards of installation property and public lands, and practicing fire safety is something each of us has the power to do.

Smokers should consider the potential for wildfire when disposing of ashes or cigarette butts out of vehicles while driving. One small spark which lands in light fuels such as dry grasses can ignite the next wildfire. Grass fires grow rapidly, especially on hot, windy days.

Loose chains towed behind vehicles can also cause sparks when they drag on the ground. Check tow chains before driving and assure that they're tight before heading down the road.

Off road users should remember that parking off improved roads can be dangerous if catalytic converters or hot mufflers come in contact with grass or other dry vegetation. Motorcyclists should install spark arrestors installed on their off-road motorcycles.

Use of welding or spark-producing tools outdoors can also have serious consequences if sparks generated during their use land on fine fuels. The 1993 Ash Fire in the Huachuca Mountains was caused when someone used welding equipment on a windy day. Luckily, no one lost homes in that blaze either, though it was a close call. Only prompt firefighter response and combined multi-agency suppression resources prevented the loss.

In addition to precautions in campgrounds and while outdoors, there is one precaution homeowners can take to prevent property loss in the event of a wildfire. Protect your home before a fire happens. For tips, log on to www.

111th Military Intelligence Brigade

firewise.org. The Firewise Web site offers a plethora of information on making homes and property more fire resistant.

Wildfire – it's not a matter of "if," it's a matter of "when." Heavy fuels buildup on public lands, drought conditions and stressed vegetation can be a devastating combination under the wrong circumstances. We can't control fires that originate from natural causes, but we can be proactive by acting responsibly where our own behavior with fire is concerned.

Evervone can make a difference by following the fire safety practices outlined above. Outdoor weather conditions are deteriorating and fire officials predict a more hazardous fire season than 2005. Acting responsibly whether out in the field, out camping or just outdoors will help Fort Huachuca continue to execute our mission effectively and efficiently rather than divert resources and funds to fire suppression.

Fire and Emergency Services and the Directorate of Emergency Services ask everyone to be cautious and exercise safety on and off the installation. To report a fire, call 911. Those with questions or concerns should call the installation fire department at 533-2116. Fire officials here appreciate your support.

Scout On The Street



"Although I don't

car window."

smoke, I will inform my

buddies not to throw lit

cigarette butts out their

304th Military Intelligence Brigade



"I am going camping soon and I definitely will not build a fire. When fire threat is high, you can't stop one little spark."



"Where I live, there are a lot of trees, brush and wooded area, so I am going to clean up the foliage from around my house that died over the fall."



Fire season is here.

"I keep my yard trimmed down and watered."



"I won't park over very dry grass.'

The Fort Huachuca Scot

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Fort Huachuca hosts 27th World Military Volleyball **Championships**

By Tanja Linton

Media Relations officer

Fort Huachuca hosts the 27th Conseil International du Sport Militaire or World Military Volleyball Championships at Barnes Field House here June 10-18. The Fort has been selected to host the only CISM championship in the United States this year.

Canada, China, Cyprus, Germany, India, Korea, the Netherlands, Qatar and the United States have men's teams taking part in the tournament. Canada, China, the Netherlands and United States also have women's teams.

A colorful opening ceremony, with all team members in their military uniforms, takes place at 9:30 a.m. Saturday, June 10 at Bujalski Field. The ceremony includes an Air Force flyover and cultural entertainment.

Matches begin at 8 a.m. Sunday, and continue through Saturday. Women's finals are scheduled for June 16 and men's finals June 17.

Culture day 10 a.m. to 4 p.m., June 18 gives visiting athletes a taste of the Old West with a barbeque and a demonstration rodeo. The rodeo is open to the

Fort Huachuca, the home of Army boxing, continues to build on its reputation as a center of excellence for Armed Forces sports. Command and staff involvement, the temperate climate and strong community support make the fort a desirable location for military teams. This is the first year the installation hosted the Army volleyball trial camp and the Armed Forces volleyball championships. Fort Huachuca hosted the CISM boxing championships in 2004, has served as a training location for the Armed Forces cycling team and will host the 2007 Army boxing championships.

The Armed Forces Sports Programs include 18 Armed Forces championships, seven national championships and 20 international championships within CISM. The program is open to all active duty personnel, to include Reservists and National Guard on active duty status. The objectives of the Armed Forces Sports Program are to promote goodwill among the Armed Services through sports, promote the positive image of the Armed Services through sports, provide the incentive and encourage physical fitness by promoting a highly competitive sports program and provide the avenue for military athletes to participate in national and international competitions.

CISM, headquartered in Belgium, is the second largest sporting organization in the world with 122 military member nations to include the United States. Its motto, "Friendship through Sport," establishes a common unity amongst its members. Our military athletes compete against their counterparts from other nations at venues around the world. CISM and national championships are key preliminary competitions for our military athletes who qualify to compete at the Pan American or Olympic games.



A Company from the 304th Military Intelligence Battalion passes in review during a Change of Command ceremony on Brown Parade Field Friday.

Story and photos by Thom Williams

Scout Staff

The Soldiers assigned to the 304th Military Intelligence Battalion gained a new commander Friday at a ceremony on Brown Parade Field.

Lt. Col. Brian Clark, outgoing commander, passed the battalion colors to Col. Thomas Kelley, commander, 111th Military Intelligence Brigade who then passed them to Lt. Col. Edward Riehle, incoming commander, signifying the Change of Command.

In remarks that followed, Kelley thanked Clark for his contributions to battalion and brigade and pointed out Clark's accomplishments.

See **COMMAND**, page A14

Change of Director



Brig. Gen. John Macdonald (left) accepts the Installation Management Agency colors as incoming director from Lt. Gen. James Campbell, director of the Army staff, during the change of director ceremony held May 30 at Fort Belvoir, Va. Maj. Gen. Michael Rochelle (right), outgoing IMA director, will becomes the Army's deputy chief of staff for G-1. Command Sgt. Maj. Debra Strickland (right center) carried the IMA colors during the ceremony.

SUPPORTING OUR TROOPS

MOAA supplies bring "back home" abroad

By 1st. Lt. Andrea Pratt

11th Signal Brigade Public Affairs Officer

"We have two units we're supporting," said retired Lt. Col. James Kalal, Tucson Military Officer's Association of America public relations officer, "it's a comfortable size...keeping the number or recipients smaller helps make the donations bigger and all the more important."

The two units who share exclusive support and donations from the Tucson MOAA are the 360th Transportation Company, Fort Carson, Colo., and the 11th Signal Brigade. The donations Kalal referred to have come in the form of hundreds of paperback books, playing cards, non-perishable snacks, chewing gum, batteries, chap-

sticks, disposable razors and other disposable hygiene items. "I've probably donated over a hundred paperback books out of my own collection at home," Kalal added. "I think the books I like to read are about what the Soldiers might enjoy reading, and I plan to continue donating from my library."

Not only have the officers and almost 400 members of the Tucson MOAA donated items from their own storage, but there are also outside individuals who know of the collection and support the program with donations. Current collection points for the donations can be found in many areas in Tucson.

"We used to have a local

See **MOAA**, page A15

Army NCO creates Web site to help Soldiers prepare for upcoming boards

By Joan Vasey

Scout Staff

Thanks to an Army noncommissioned officer, thousands of Soldiers facing future promotion and other boards will likely be more confident and better prepared when board time rolls around.

In early May, Sgt. Anthony Steele, a Fort Meade, Md. Soldier assigned to the Military Intelligence Battalion, announced the existence of a new Web Site, www. mastertheboard.com. Steele created the site to demystify the board process and help fellow Soldiers face boards more comfortably.

Steele considers himself an

experienced "board professional" who has attended and won more than 20 boards by using the techniques, topics and study practices found on his site.

The site offers free on-line study assistance on a variety of board-related topics. They include the full spectrum from "Awards and Decorations" to "Uniform Wear and Appearance"

When he started his winning streak, Steele was approached by other Soldiers who asked for his help.

"I did not have time to help everyone," Steele explained during a telephone interview. "My brother develops Web sites professionally, and suggested that I develop a site. I saw it as a way to help other Soldiers, comrades and buddies who were intimidated by boards. Many Soldiers are afraid to face them. It's a common problem."

Steele developed and maintains the site and pays for it himself. He asked friends to test www.mastertheboard.com once it was ready. Feedback was tremendous, and word spread quickly.

"There was so much good feedback that Soldiers said I should make it official and develop a press release."

Now, through self initiative, Steele is able to share his board knowledge and experience with Soldiers around the world.

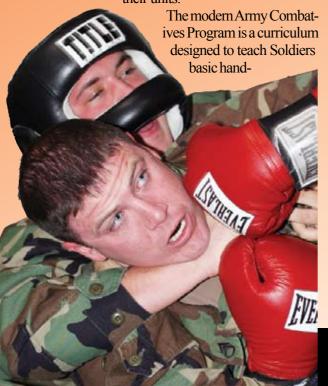
(Editor's note: This is not an Army Web site and the Army doesn't endorse it. The site has been reviewed by the Judge Advocate General office and the information is provided as it may have potential use to Soldiers in preparing for upcoming promotion boards.)

Advanced combative training offered on Post

Story and photo by Thom Williams

The master combatives trainer for the 305th Military Intelligence Battalion graduated 11 Fort Huachuca Soldiers from the Modern Army Combatives Program, leveltwo training May 25 at Murr Community Center.

Sgt. 1st Class Dustin Cloos, Company A, 305th Military Intelligence Battalion, led the Soldiers through the 80-hour course making them level-two trainers for their units.



to-hand fighting techniques to give them experience in fighting prior to deploying to combat.

"During level-two training there is a lot more detail as to why things are done in a certain way and how to get out of different holds," Cloos said.

Level two is a lot more technique oriented than the level-one training.

Once the Soldiers graduate from the level-two Combatives, the trainers are encouraged to go back to their units and organize company-level competitions.

"The whole point of tournaments is to spur on competition, within units, that gives the Soldiers an opportunity to become champions at platoon, company and battalion level." said Cloos.

He then related the Modern Army Combatives Program to training for the Army's physical fitness test.

"We go running every day so we are good at the PT test," he said. "It is the same concept with the Combatives Program."

All the level-one combatives techniques are now part of the Warrior Task Training List meaning every Soldier in the Army is supposed to know these basic level- one techniques.

Cloos also instructs level-one Combatives and has graduated close to 300 level-one students on Fort Huachuca.

"If someone comes through my class, they are a certified level-one trainer," he said. "After they graduate my

course, they can go to their unit and teach the level-one tasks."

He went on to say that many Soldiers who come through his combatives classes never knew they could go do something that physically exhausting and still be able to make it.

"They come into this class a little timid but they leave this class with a warrior's mentality," he said.

Cloos is a former state wrestling champion in Idaho and was involved in the All-Army Wrestling Program earlier in his career.

He said he has always liked contact sports and it was seeing an Ultimate Fighting Championship competition that inspired him to get involved in the Modern Army Combatives Program.

"I thought, 'that looks like something I could get into,' that mixed martial arts fighting, because it's more of a real fight," Cloos said. "So when they offered me the opportunity to go to this Combatives, it was like 'let me go check that out'."

He then traveled to Fort Benning, Ga. and received his first taste of level-one, which he found to be a real eye opener.

Cloos is now authorized to teach up to level-four combatives.

To find out more information on class dates or to register for instruction call Sgt. 1st Class Kip Wolf at 533-3071, or Cloos at 236-8181.

Staff Sgt. Lloyd Kersey, (front), U. S. Army Intelligence Center Noncommissioned Officer's Academy, attempts to break the hold of Spc. Benjamin Piner, Fort Huachuca Dental Activity. The Soldiers are some of the first to graduate from the Modern Army Combatives Program, level-two training being offered on Post.

The Fort Higghiga Տրոլե® June 8, 2006 www.huachuca.army.mil/usag/pao

Commissaries remind customers to be prepared

By Capt. Audricia McKinney and Bonnie Powell

DECA

With memories still lingering from Hurricane Katrina, the need to prepare for a disaster is on everyone's mind. Government agencies and the Red Cross recommend Americans keep a supply of essentials on hand above and beyond what they normally have on their kitchen shelves.

Military families are being encouraged to "load up their pantries" as the Fort Huachuca commissary launches an awareness campaign encouraging military families to keep nonperishable foods, water and other necessities on hand for emergencies.

See **PREPARED**, page A14

Cochise area host families needed now

Foreign high school students are scheduled to arrive soon for academic semester and year program homestays, and the sponsoring organization needs more local host families.

According to Pacific Intercultural Exchange Executive Director, John Doty, the students are between 15 and 18, are English-speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. PIE currently has programs to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

PIE area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host families are able to review student applications and select the perfect match. As there are no "typical" host families, PIE can fit a student into nearly any situation, including

single parents, childless couples, retired couples or large families.

Families who host for PIE are also eligible to claim a \$50-per-month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, PIE has students from Germany, the Former Soviet Union, Venezuela, Argentina, Brazil, Macedonia, Hungary, Korea, Mexico, Australia, Yugoslavia, China, and many other countries. PIE is also participating in two special government-funded programs to bring scholarship students from the Newly Independent States of the former Soviet Union as well as predominantly Islamic countries such as Yemen, Syria, Jordan, Morocco, Kuwait, Iraq and Qatar to the United States.

PIE is a non-profit educational organization that has sponsored more than 25,000 students from 45 countries since its founding in 1975. The organization is designated by the United States Department of State and is listed by the

Council on Standards for International Educational Travel, certifying that the organization complies with the standards set forth in CSIET's Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow time for the students and hosts to get to know one another before they actually meet for the first time.

Cochise area families interested in learning more about student exchange or arranging for a meeting with a community representative may call PIE, toll-free, at 1-866-546-1402. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

For information, contact John Doty toll free at 1-888-743-8721.



News

Combat Feeding Directorate improves MREs

Army News Service

Driven by Warfighter preferences, DoD Combat Feeding Directorate keeps improving and adding items to Meals, Ready-to-Eat. The nation's Warfighters can look forward to numerous new food items and improvements in the next version of MREs, which were recently approved and will go into production in 2008. The new items and replacements are the result of extensive evaluations with the very people who will be eating the meals: the nation's Warfighters. Thirty-eight new items were evaluated last September by approximately 400 Soldiers at Fort Greeley, Alaska. According to Judy Aylward, a CFD senior food technologist and project officer for the Fielded Individual Ration Improvement Program, new items must receive a score of 6 or higher on a quality scale of 1 to 9 (with 1 being extremely disliked and 9 being extremely liked) to be in-

cluded in the annual field evaluation. Results from the field evaluations, combined with recommendations by Natick Soldier Center scientists, were presented for approval to the Joint Service Operational Rations Forum in February. Aylward said she has noticed changes in Warfighter preferences. "We have seen a trend in the past several years that the Warfighters tend to like ethnic foods, sandwich-type items and eat-on-the-move snack items. They also are more health conscious and read the food labels," Aylward said. "All MRE items have the Food and Drug Administration food label, which includes nutritional information and ingredients."

Some items from previous editions of the MRE will be replaced. Chicken pesto pasta will replace the chicken with cavetelli. Lasagna with vegetables, a vegetarian meal, will replace the vegetarian manicotti. CFD also tries to include com-

mercial-off-the-shelf products in MREs when possible. "Name brand recognition provides a little bit of home to the Warfighter, which especially helps to improve morale," said Aylward. MREs were developed by the DoD Combat Feeding Directorate, part of the Natick Solider Center, in the early 1980s. The CFD has since worked continuously to update the meals to provide optimum nutrition, improve taste, and to reflect the current preferences of servicemen and women. The meals meet the Office of the Surgeon General's nutritional requirements and are packaged to withstand airdrop, rough handling and temperature extremes. Items included in the MRE must be shelf stable for three years at 80 degrees Fahrenheit and six months at 100 degrees Fahrenheit. According to Aylward, the next version of the MRE will go into production in 2008 and will be available in the field by 2009 or 2010.

The following items were approved to be included in MREs:

- Granola with blueberries or strawberries
- Instant vanilla or chocolate pudding
- Toaster pastries chocolate chip or French toast
- Chipotle snack bread
- Chocletto's candy (chocolate toffee candy)
- Twizzler Nibs (small red licorice candy)
- Chocolate-covered coffee beans
- Patriotic cookies (sugar cookie with flags/Soldiers imprinted on surface)
- Cheez-Its, hot and spicy
- Irish Cream flavored coffee
- Banana strawberry dairy shake
- Salsa verde (condiment)
- Butter Buds
- Splenda (sugar substitute)



Man loses 100 pounds to join Army

By Elaine Wilson

American Forces Press Service release

Travis Gunter vividly remembers the day he woke up, not only from sleep, but also from denial.

"It was Jan. 12, 2004, and I weighed 312 pounds. It was way too much," said Gunter. "I faced the truth that day and made a decision to get my weight under control."

Nearly two years later and 100 pounds lighter, Gunter is now a svelte second lieutenant attending the Army's Officer Basic Course here.

"I used to get winded walking up a flight of stairs, and now I'm helping others pass the PT test," said the environmental science officer. "I don't want to meet the bare minimum in life; I want to succeed and help others to achieve."

Gunter attributes his values — and his weight challenges — to his parents.

"I come from a family with weight problems - my parents, grandparents and sisters are all overweight," he said.

Although he tended toward the heavy, Gunter kept his weight under control by playing sports. He was an avid football and baseball player throughout high school in the sports-saturated town of Midland, Texas. The activity kept his spirits up and his weight down.

But when he started college at Baylor University in Waco, Texas, a challenging chemistry curriculum and a penchant for Oreos and Dr Peppers started a weight increase that wouldn't end until more than a decade later.

"I'd buy a 12-pack of soda and a box of cookies every other day," he said. "I didn't just gain the freshman 15," he joked. "I also gained the sophomore, junior and senior 15."

He graduated in 1996, worked as a chemist for five years, then headed back to his alma mater for graduate school. With two jobs and a packed schedule, Gunter's dinner table was at the nearest fast food joint. He graduated in 2003 with a master's degree and a weight gain that caused him physical pain.

"My knees hurt, my back hurt; I was too young for that," he said. "I researched my pain on the Internet and it was all due to my weight."

With aspirations in hospital administration, Gunter started work at a

Waco hospital, but he was unsatisfied with his work and himself. Unsure of his future career path, he focused first on his weight. A month after he woke up and decided to lose weight, he started to exercise.

"The first day I ran, I couldn't finish a quarter of a mile; I was breathing so heavy," he said. "But I didn't let that stop or discourage me. I hadn't run for 12 years, so I was easy on myself."

With a low-carbohydrate diet combined with daily workouts, the pounds melted away. Although he became happier with his weight, Gunter's dissatisfaction with his job remained.

He turned to his good friend, Ken Jones, from graduate school.

"He had joined the Army and seemed very happy with his job," Gunter said. "I saw that he was part of a team, part of something greater than himself. That interested me."

He decided to join too. The goal

gave him the motivation to shed the final 20 pounds he needed to meet weight requirements.

"I'm stubborn and didn't let things get in my way," he said. "It's like smokers or alcoholics - people can try to change you, but change comes from within. You have to want it wholeheartedly."

These days, Gunter runs, does hundreds of push-ups and sit-ups a week and only occasionally indulges in Dr Peppers or Oreos. But, he said, he wouldn't trade all the junk food in the world for his newfound happiness.

"I remember thinking on Jan. 12 that I never wanted to let my weight get out of control again," he said. "Everyone has a different motivation, and my desire to do well and help others in the Army is mine. A healthy weight is part of that."

(Elaine Wilson is editor of the Fort Sam Houston News Leader.)

News

Don't Count on It: Gambling on Your Retirement

By Steven B. Smith

President and CEO of In2M Corporation

"8 Meat Packers Share \$365 Million Jackpot." The headlines, announcing the winners of the record Powerball jackpot, were a dream come true for eight workers in Nebraska a few months ago. The seven men and one woman pooled their money to purchase the winning ticket, and after taxes, each is walking away with about \$15.5 million. "I've been retired for about four days now," one was quoted as saying at the time.

The headline you're not likely to see, though, is the one reading "Millions Miss Out on Chance to Retire, Will Try Again Next Lottery." According to an email from the Multi-State Lottery Association, Americans spent well over \$665 million for a chance to win a share of the jackpot.

Far too many Americans are relying on the lottery for their retirement. A recent survey by the Consumer Federation of America and the Financial Planning Association® indicated that one in five Americans considers winning the lottery "the most practical way to accumulate several hundred thousand dollars." Only about one quarter of respondents indicated a belief that they would ever be able to save as much as \$200,000 during their lifetime. That's troublesome considering the uncertainty surrounding Social Security and dwindling corporate pensions.

According to www.powerball.com, the official website of the popular multi-state lottery, your chances of winning \$200,000 dollars is about one in 3.5 million. The National Weather Service pegs your chances of being struck by lightning this year at one in 240,000. Based on those numbers, you're more likely to be struck by lightning multiple times this year than to collect that \$200,000 check from Powerball. If you're

looking for the Powerball jackpot, your chances plummet to about one in 146 million.

However, another survey by the Financial Planning Association – this time polling financial planners – indicated a belief that as many as 80 percent of young Americans could save as much as \$250,000 over a 30-year period. Why the big discrepancy? Americans are spending more than they make, and \$200,000 seems a long way off when you can't find \$20 at the end of the month.

Here are a few tips on building wealth and planning for retirement, without picking numbers at the local gas station.

Calculate your net worth

In order to better understand how to get to where you want to be, you first need to know where you are. Your net worth, which is simply your assets minus your liabilities – or how much money you have minus how much you owe –is one of the best gauges to see if you're moving in the right direction, and moving quickly enough.

Balance your spending today with saving for tomorrow. As a whole, consumers are spending more money than they make. The current U.S. savings rate is at its lowest since the Great Depression. Despite being the richest country in the world, the U.S. is number one in percentage of population living paycheck to paycheck, according to international market research firm ACNielson. The U.S. Bureau of Economic Analysis recently reported that in 2005, consumers overspent to the tune of \$193 billion, up from \$21 billion in 2004.

Most people can easily trim their budgets by about 10 percent without affecting their lifestyle. The trick is to understand where you're spending your money in order to identify and eliminate 'wasteful' spending. Use a secure online spending management program or

a computer spreadsheet or even pen and paper to track your spending for at least four weeks in order to identify areas of waste. You may be amazed how quickly those small purchases can add up.

Stop paying interest and start earning it

There are two sides to your net worth, your assets and your liabilities. While it may sound simple, to improve your net worth, decrease your liabilities – your debts – and increase your assets – bank accounts, investments and property.

Because your debts often carry higher interest rates than most investments, it's usually a good idea to start there, especially credit card debt which can carry interest rates anywhere from 12-21 percent. Pay off your balance each month if at all possible.

You may want to start improving your assets by building an emergency fund—equal to 3-6 months' living expenses, and then start a retirement account. If you're fortunate enough to have an employer-sponsored 401(k), take full advantage of it. Due to tax breaks and often an employer match, you are turning down free money if you're not participating in a retirement plan.

The "miracle" of compounding interest can turn even small contributions into a sizeable nest egg over time.

Watching your nest egg grow

Time is your biggest ally in preparing for retirement. The sooner you begin, the easier it will be. Monitor your net worth regularly and make adjustments as necessary.

By managing your spending today, and earning interest instead of paying it, a healthy retirement nest egg is much more practical and possible than you may have thought. Investing the money you were going to spend on those lotto tickets may be a good start.

(Editor's note: This article is run with the author's permission for the benefit of the "Scout" audiencet. The information was neither produced nor endorsed by the U.S. Army.)



size. He stands 17.1-hands or 69 inches. Whiskey, because of his rich, brown color.

Big Whiskey is a thoroughbred horse, groomed to compete on the race track.

Big Whiskey's racing career came to an end in a tragic accident, when the trailer that was carrying him crashed, leaving him with grisly injuries.

"Something had gone through his neck and out the other side, and his head was all messed up," said Chris Zimmerman, program manager for B Troop, 4th U.S. Cavalry Regiment (Memorial). "He was a real disaster when we got him. So we fixed him up, kept him well fed, and he's grown quite a bit since we got him."

B-Troop acquired the horse in a trade. Big Whiskey was thrown into the deal as a freebie.

Zimmerman thinks the horse is 5 or 6 years old, commenting that horses don't come with an odometer.

"He was way too young when we got him and so we've been working on him over the last couple of years," Zimmerman said. "Mostly it's been waiting for him to mature to a point where we could do some serious training with him."

Big Whiskey is the biggest horse the Troop has. Training him proved to be a task that Zimmerman was not prepared for because thoroughbreds are

'Our requirements for a horse are about the same as a police unit. They've got to be pretty calm and gentle," he said. "I've got to be able to put an inexperienced rider on the horse without them getting killed, and that was my concern about Big Whiskey."

He said that he was not sure that he could handle the horse and that his (Zimmerman's) bones don't knit as quickly as they used to.

"Training horses is similar to training dogs, but these dogs weight 1,100-pounds and when they get mad it can be pretty frightening," the Tucson native said.

Big Whiskey was sent to a certified horse trainer in nearby Huachuca City, who worked with him up for up to two hours a day.

Zimmerman now trains with the animal for a couple of hours every other day.

"Unfortunately the training got interrupted by events beyond my control," Zimmerman said. "I'm trying to maintain his training until I can get him back into horsey finishing school."

It takes about a year to introduce a horse to the parade and ceremony business which is about the same amount of time it takes to train a trooper.

"We do it gradually, step-by-step, get them used

to encounter in this line of work, mostly just getting them familiarized with the Army, the band, the flags, the pistols, carbines and cannons."

If Big Whiskey does make the grade, Zimmerman will initially ride the horse until he is ready to be turned over to another trooper.

He thinks because of his size and good looks, the horse will make a handsome



addition to the Troop.

"I have high hopes for him. He's a good horse. He's like a big puppy dog," Zimmerman said.

Range Closures

Thursday-AB, AC, AD, AH, AK, AL, AM, AR, AW, T1, T1A, T2

Friday-AB, AC, AD, AL, T1, T1A, T2 Saturday-AB, AQ, T1, T1A, T2, T3 Sunday-No Closures

Monday-AB, AK, AU, AW, T1, T1A,

Tuesday-AB, AH, AK, AL, AR, AU, AW, T1, T1A, T2

Wednesday-AB, AK, AU, AW, T1, T1A, T2

For more information contact Range Control at 533-7095. Closures subject to daily change.

\$1,000 referral bonus offered

Soldiers can earn a \$1,000 lump sum payment for referring someone who enlists, completes basic training, and graduates from Advanced Individual Training.

Referrals must not have previously served in the Armed Forces. Individuals who are referred must enlist in the active Army, Army Reserve or Army National Guard. The referrals must not be immediate family members.

The Soldier referring must not be serving in a recruiting or retention assignment.

Exceptions are staff members who are

not directly involved with the processing of applicants including staff members receiving special duty assignment pay.

Future Soldiers and Soldiers who are performing duties in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, and Active Duty for Special Work Program are also eligible for

For Army and Army Reserve referrals, call 1 (800) 223-3735 extension 6-0473 or visit the Web site at usarec.army.mil/smart. For Army National Guard referrals, call 1 (800) 464-8273 ext. 3727 or visit the Web site at 1800goguard.com/esar.

Defense Attache System plans recruiting visit

Representatives from the Defense Attachce System will hold recruitment briefings from 10 a.m. to 5 p.m. on June 19 and 20 in Room 5, Murr Community Center. The briefings are targeted for Soldiers in grades E-4 (P) through E-8.

Defense attaché duty includes being directly involved in U.S. foreign policy, living in a foreign country, high visibility, challenging positions, possible transition to Warrant Officer program, and foreign languages.

For more information, visit www.dia. mil/employment/military.

For questions specific to individual situations, Soldiers should email Daniel.r.vidus@ us.army.mil.

Self care class benefits Tricare-insured

Raymond W. Bliss Army Health Center is offering a self care class for all Tricare Prime beneficiaries. This one hour class gives information on how and when to access care at the health center and give beneficiaries self care tips that help people take care of their health.

The class also includes a "self care" card that gives beneficiaries free over-the-counter medications every day at the post exchange and health center pharmacies. The class is held the second Tuesday of every month at the classroom near the Tricare offices on the main level of RWBAHC. No appointment is needed. Call 533-3536 for more information.

Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations:

Kimberly Berry ITEC4-W Lorenza Buller-Duran **WCPOC** Linda Haldorson MEDDAC

Annette Hamilton **MEDDAC** Pamela Hastings ACA/ITEC-4 Kenyetta Johnson **NETCOM** Patricia Paiz 305th MI Bn Mary Rodriquez **CSLA** Roberta Brown-Thurman NETCOM

For additional information regarding the Leave Donor Program or how you can donate annual leave, contact Schenando Nason, Civilian Personnel Advisory Center, at 533-5273.

Emergency Planning Committee Meeting

The public is invited to attend the regular monthly meeting of the Cochise County Local Emergency Planning Committee.

The meeting will be held at 1:30 p.m., June 16, in the Science Building, Room 200 at Cochise College, 901 Colombo Street, in Sierra Vista.

Information about the County's emergency planning and training will be covered during the meeting. For additional information call Mike Evans at 432-9550.

Chaplain's Corner ————

A Run to the Finish

By Chaplain (Capt.) Tim Reynolds

Chaplain Resource Manager Installation Staff Chaplains Office

Do you ever wonder why you do some of the things you do? If you are like I am you may ask yourself, "Why did I do that?" Asking "why"

means asking, "What is the purpose?"

Running a race can be one of the "why" questions we ask. Sometimes in a race, it's easy to forget the purpose. You know what I mean. When the body starts to ask the mind-"Hey mind, why are we doing this?" If the body doesn't get a reply, it may stop running. In the Olympics we see runners begin many races but how many runners finish without winning? We don't hear a lot of press coverage on those who finished but did not

Several years ago I was listening to the Bob Costas radio show. This particular night he interviewed a 1968 Mexico City Olympic marathon runner from Spain. As they talked, Bob Costas asked him, "Surely you

realized when you got to the stadium that the race had long been over and that you were not the winner. Why did you continue to run even when you realized that you could not win?" The runner replied, "Mr. Costas, my country did not send me here to start the race but to finish."

He focused on the finish, not just on the start.

I thought, "Wow what a message. Does that apply to the spiritual life race or what?"

It's easy to start, but not every one finishes. You and I are in a race, not just a physical race but a spiritual one and we are not called just to start, but to finish. How do we do that? By focusing on the finish line and looking to the author and perfector of our faith. So as you run and get fatigued, keep your eyes on the one who gave his life and runs with you.

Protestant Sunday Services

Episcopal 8 a.m. 8:30 a.m Lutheran 9:00 a.m. Gospel Protestant 9:30 a.m. Cross Roads 11 a.m. 11 a.m. Collective Protestant

Roman Catholic Worship

Mon.-Fri. 11:30 a.m. Mass Saturday Confession 4 p.m. 5 p.m. Saturday Mass 9:15 a.m. Sunday Mass **Sunday Mass** 11:30 a.m.

Jewish Worship

Friday 7 p.m.

Protestant

• PWOC Tuesday 9 a.m. & 6 p.m.

· Women's Ministry Bible study 1st, 3rd Friday 6 p.m.

• Bible Study/Choir Practice

Thursday 6 p.m.

• Ministerial Staff Training

Tuesday 6 p.m. • Men's Choir Rehearsal

Tuesday 7 p.m.

• Youth Fellowship 3rd, 4th Saturdays 8:30 a.m.

• Women's Choir

2nd Tuesday • Women's Choir

5th Saturdays 11a.m.

• Youth Church 1st, 2nd, 3rd, & 5th Sunday 9 a.m.

Catholic

Sunday 10:45 a.m.

· Adoration of the Blessed Sacrament Friday 3 - 6 p.m.

Korean

OCIA Friday 7 p.m. **MCCW** 1st Friday 9 a.m. Choir practice Friday 6:30 p.m.

Muslim Prayer

Friday 12:15 a.m.

Orthodox Divine Liturgy

1st & 3rd Sunday 9:30 a.m

Latter Day Saints Service

Sunday 1 p.m.

Youth Ministries

• Middle school

Sunday 4 - 5 p.m.

• High school

Sunday 5:30 - 7 p.m.

Legend

Main Post

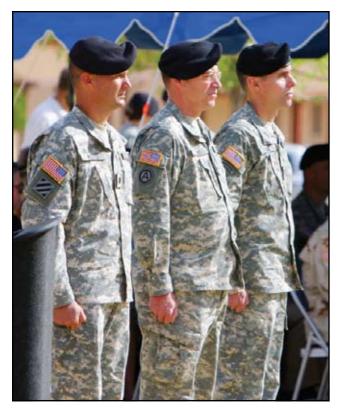
Main Post, Room 24

Main Post Blessed Sacrament Chapel

Prosser Village

Kino Chapel

Eifler



(From the left) Lt. Col. Edward Riehle incoming commander, Col. Thomas Kelley, commander, 111th Military Intelligence Brigade and Lt. Col. Brian Clark, outgoing commander, watch units from the 304th Military Intelligence Battalion pass in review during the battalion Change of Command ceremony on Brown Parade Field.

From **COMMAND**, page A3

"The culminating achievement for Brian and his team is the Joint Intelligence Combat Training Center," Kelley said. "He took this over in it's infancy, brought it to the level where it's at today, and it is one of the premier training activities in this brigade and on the U.S. Army Intelligence Center."

Kelley then told Riehle that he is inheriting a great

organization and to take care of the Soldiers.

During his remarks, Riehle thanked Clark for a great transition into the battalion commander's position and said he's looking forward to working with him when Clark moves up to brigade.

Riehle has previously been assigned to the 111th MI Bde. He is married to his wife, Cherie, and they have six children, four boys and two girls.



Col. Thomas Kelley, (back to camera) commander, 111th Military Intelligence Brigade passes the 304th Military Intelligence Battalion colors to Lt. Col. Edward Riehle, incoming commander, while Lt. Col. Brian Clark (right), outgoing commander looks on. The Change of Command ceremony took place Friday on Brown Parade Field.

News

From **MOAA**, page A4 -

collection program with the Giving Tree," said retired Maj. Father Mark D'Amico, Tucson MOAA Chaplain and reverend at St. Jude's Anglican Church, "we only started out with 3 people and now we're up to over 35. God's been blessing [St. Jude's] with help, so we've expanded. We're hoping to continue expanding and if it ever gets bigger, we certainly have the space for it!"

The collection operation has been so successful that dozens of boxes have been consistently shipped almost every two to three weeks since January. The boxes of donated goods are shipped to various locations in Kuwait, Iraq, Afgahnistan, and even Somalia.

The Tucson MOAA is doing their part to ensure that deployed Soldiers in various areas around the world receive consistent encouragement and goods from supporters "back home." More information on the Tucson MOAA can be found at: http://eighthdei.com/moaa/.

From **PREPARED**, page A5

The Defense Commissary Agency is teaming up with the Armed Forces Emergency Services Branch of the American Red Cross to raise awareness of disaster preparedness throughout the military community. The "What's in Your Closet" campaign is intended to get military families thinking about how prepared they are for a disaster. "Customers will see posters and handouts in the store, and reminder buttons on employees," said Judy Mendez, Fort Huachuca commissary store director.

"The storm season is underway and it's a fact that hurricanes and typhoons have affected commissaries and military families at home and abroad," said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency. "We want to raise awareness of the need to keep emergency supplies on hand – and that shoppers can 'be prepared' at savings of 30 percent or more by using their commissary benefit."

The media and government health officials have

also heightened awareness of the possibility of a "pandemic," an outbreak of infectious disease that has the potential to spread worldwide. "Disasters can take on many forms," said Joseph Moffat, Executive Director, Armed Forces Emergency Services. "From blackouts to blizzards, to tornados and earthquakes, everyone should be prepared with enough emergency supplies to last seven days."

Red Cross representatives will have an information table at the commissary June 15th from 10 a.m. to 3 p.m. to provide information and answer questions about disaster preparedness.

Other government agencies such as the Department of Homeland Security and the Federal Emergency Management Agency are working closely with local communities and relief organizations to remind residents to make emergency preparations.

For more information on disaster preparedness: www.fema.gov; www.dhs.gov; www.redcross.org.

Big dogs sleep here Tanker base plays key role in fire sup



THE RETARDANT CONTRACTED BY THE GOVERNMENT TO PUMP RETARDANT INTO THE AIRCRAFT.



BEHIND THE AT802, THE P2V'S CREW PREPARES TO LEAVE FOR ALAMOGORDO



THIS P2V, BUILT IN 1959, IS A HEAVY TANKER, AND CAN CARRY 2000 GALLONS OF retardant. The CREW CALL IT "THE GOOD OL' GIRL. CREW KEEPS AN AND A SMOKEY THE BEAR TEDDY BEAR.



A SINGLE ENGINE AIR TANKER, AN AT802 OWNED BY WESTERN PILOT SERVICE. DAVIS HAS WORKED WITH THE DEPARTMENT OF STATE, INTERNA-TIONAL NARCOTIC AND LAW ENFORCE-MENT AFFAIRS, SPRAYING DRUGS IN CENTRAL AND SOUTH

JUSTIN DAVIS FLIES



ED WELT, MECHANIC, INSPECTS COMPONENTS OF THE PV2'S WHEEL

Story and photos by Rob Martinez

Scout Staff

On a hot summer day, you may have seen a large four engine aircraft with a tank on its underside heading toward a distant column of smoke and ready to help suppress a wildfire. This aircraft is known as an air tanker.

There's generally a combination of three single, dual, and four engine air tankers. One circles the fire in a clockwise pattern, and the person in the passenger seat, called an air tactical group supervisor or air attack, constantly observes the fire and is in constant contact with the other airplanes. The air attack decides what part of the fire is getting the most unruly, then tells the lead plane where to drop the retardant. This procedure controls or stops the spread of the head of the fire, and gives ground forces time to arrive and suppress the fire.

Heavy air tankers are using the USDA Forest Service Air Tanker Base on Fort Huachuca's Libby Army Airfield as an operation center. Here, the planes are loaded with retardant, and dispatched as fires occur.

But the base is not just for heavy air tankers anymore, according to Bill Parks, air tanker base manager.

"We utilize a variety of airplanes, and it goes all the way from the little single engine crop duster type to the biggest thing we've got in the inventory now, the P-3."

The P-3 is a four engine aircraft, a refurbished military long-range, anti-submarine warfare patrol and anti-surface warfare aircraft.

> The Libby ATB was established in 1977 as a retardant reload base only, and was run out of an old mobile home. The base ran through several fire

seasons with minimum equipment. Then, in 1982, the base was assigned its own contract airplane. "That aircraft was in cat 7, ... available and ready within fifteen minutes notice of launch time to any fire fighters, incident commanders that ... find out the fire's getting bigger than he is, and wants to put the big dogs on it. So he calls for the aircraft. And it will be sent," said Parks.

The retardant they use is under the jurisdiction of a contractor, Phos-Chek, that has a plant next to the building.

There is an agreement between the military and Forest Service. "We have a memorandum of understanding for 1.14 acres which allows us use of that land. The building belongs to the Forest Service, ... and the Army provides all of the utilities. We have several different communication systems," explained Parks.

The only connection with post that the base has is use of the control tower. But, there is a high level of cooperation between the Army and the U.S.D.A. Forest Service. For example, fire fighting aircraft have precedence over any other aircraft, civilian or military. They will hold them off until that firefighting aircraft leaves. Someone's life "may be in the balance ... waiting for that aircraft to arrive," Parks said.

According to Steve Maxwell, a tanker copilot, "They [control tower personnel] are not required to do that. They give us as much as they can. The air traffic controller here really takes good care of us. They've got lots to deal with, with the Black Tower out here, UAVs flying around. A lot of military traffic."

Parks added, "I guard that relationship jealously. I try not to do anything that will infringe on that relationship."

Maxwell went on to say that his tanker

"is just a tool for the ground fire-fighters. There's times that we can put out fires, but for the most part we try to draw a line in COPILOT OF THE PV2, BRYAN BAKER EXPLAINS HOW THE NAVIGATION SYSTEM WORKS

troop there

in a fo a way Maxv the fir R built i retard

T engin prove Bryan engir proba

ever В judge plane are m an ol spare they the sa sched

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The Fort Huachuca Scout®

June 8, 2006



and to give the ground s enough time to get in and put the fire out." ir tankers also drop a line of retardant prest fire so the fire fighters can have out, if they get caught. According to vell, it doesn't happen often because e-fighters are trained very well. ecently available at the base was a P2V, n 1959, modified by adding a tank for ant. It is owned by Minder Air. he plane is powered by two radial es and two jet engines.

'It's a blend of tried-and-true en World War II technology," said n Baker, copilot. The Wright – 3350 e with its efficiency and power "is ably one of the best radial engines made," he said.

aker explained that one cannot an airplane by its vintage; airs are built to a higher standard, and aintained incredibly well. "This is d Navy airplane and the Navy just d no expense and did everything could to maintain the plane. We do ame thing. There's maintenance and luled inspections.

With cars, most people change il and put gas in it. And when it s, they fix it. As far as aviation is erned, we are extremely proactive ise we don't have the luxury to pull on the side of the road. The airplane, structurally, is very I. It's a flying tank, pretty much. It

I have to be, in this kind of business." aker's father and brother are both r pilots. "I love to fly," he said, "and I o fight forest fires, so this is the perob for me."

aker spoke of a lightning fire south of lamos. "We first got there and nobody ropped there, and the fire was just g. We made four or five trips along

with a couple of other air tankers, a couple of single air tankers ..., and after the last trip of the day, there is a solid red ring around it, and the ground guys were just mopping up.

"It's stuff like that that just makes you feel good, ... it's awesome to come out and do something like that. It makes you feel like you're actually doing something, at the end of the day."

This is Baker's first season as a copilot, but he is not new to the field. "I've been doing this stuff my whole life. My dad started flying tankers the year I was born. I was pretty much raised at a tanker base ... it's a life long dream for me to fly tankers, ... I wouldn't trade it for the world. My wife would like to have me home more, but it's the nature of the business."

For seven months out of the year, the crew live in hotels. Since a fire can break out any time, they check out every morning on their way to work.

"You never know from one minute to the next, where you're going to be," said Ed Welt, mechanic. "They fly it. I follow it around in a van." Welt said he loves to fly, but for logistical reasons, it's "easier and more cost effective for me to chase them in a van."

When there are fires, the tanker base dispatches the planes. The fire season starts earlier in the east coast, then the tankers slowly progress to the west coast, then move north to Colorado. "Utah and Colorado will be next. They're starting to have fires now. Usually by the end of the year, everybody ends up in California," Baker said.

"They spread us out, and ... we really don't have home bases anymore. So we just go where the fires are at ... Since we've been here we started out in Alamogordo, Albuquerque, then we came out here."

Baker said that there are few fires going on, sort of a calm before the storm, but "they know the fires will start, so they preposition us all over the place. We can be ready to go at a moment's notice, be over a fire in twenty minutes to half an hour after a fire's reported."

To practice, pilots go out at the beginning of the year and drop water. "The captains are very experienced," Baker said. "All of them have been doing this stuff for years. You start out in the right seat as a copilot for years and you learn the business. And you slowly but surely start building up your experience, until they move you up into that seat and you become a captain.'

At the beginning of every year they get "carded" by the USDA Forest Service. A member flies with the crew to make sure every thing is up to standard. If standards are met, they are issue a card that allows them to legally fly.

Although the field is highly regulated, there is still some danger. "It's like anything else. There is a little bit of exposure in this job, and ... it's not your normal airline flying; let's put it that way.

"It shouldn't be dangerous, it is a really well orchestrated event. It's like

military tactical flying. We always try to give ourselves a way out. We are always constantly thinking, 'If an engine fails here, what are we going to do? Can we go down hill? Is it an up hill drop? If something malfunctions with a the tank, ... are we going to be able to get out of this hole?' If you keep thinking and are aware of what's going on around, it really shouldn't be that dangerous."

There have been accidents in the past, Baker explained. "I've been to more funerals than I care to remember, even as a kid. Guys that I worshipped, I ended up having to go to their funerals.

Tanker flying is a small close-knit family. Everybody knows everybody ... I really like the camaraderie."

To aid the pilots, the cockpit includes a moving map display, a global positioning system, and a navigation system that shows a three-dimensional image of the plane and other planes in the area. And according to Parks, pilots are bound by the 150-foot rule – they must fly 150 feet above the highest object around them.

"It's a typical fire house operation," Parks said. "Every one is in tune to what is going on around them."



THE AT802'S TANK HAS JUST BEEN FILLED WITH RETARDANT



OF THE YEAR IN CRAMPED SPACES.



THE FOUR ENGINE P-3 IS ONE OF THE LARGEST AIR TANKERS.





Service News





Ultimate sacrifice in support of the Global War On Terrorism

Pfc. Brett Tribble, 20, of Lake Jackson, Texas, died in Ar Ramadi on Saturday of injuries sustained in Ar Ramadi, Iraq on Friday, when an improvised explosive device detonated near his HMMWV during combat operations. Tribble was assigned to the Army's 2nd Battalion, 6th Infantry Regiment, 2nd Brigade Combat Team, 1st Armored Division, Baumholder, Germany. Spc. Brock Bucklin, 28, of Grand Rapids, Mich., died May 31, in Balad, Iraq, of a non-combat related cause. Bucklin was assigned to the 1st Battalion, 68th Armor Regiment, 3rd Heavy Brigade Combat Team, 4th Infantry

Division, Fort Carson, Colo.

Sgt. Benjamin Mejia, 25, of Salem, Mass., died in Marez, Iraq, on May 31, of non-combat related causes. Mejia was assigned to the 4th Squadron, 14th Cavalry Regiment, 172nd Stryker Brigade Combat Team, Fort Wainwright, Alaska.

Cpl. Alexander Kolasa, 22, of White Lake, Mich., died in Baghdad, Iraq, on May 31, of noncombat related causes. Kolasa was assigned to the 704th Main Support Battalion, 4th Brigade, 4th Infantry Division, Fort Hood, Texas.

Cpl. Bobby West, 23, of Beebe, Ark., died in Baghdad, Iraq, on

May 30, of injuries sustained when an improvised explosive device detonated during dismounted patrol operations. West was assigned to the 1st Battalion, 22nd Infantry Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Capt. James Funkhouser, 35, of Katy, Texas, died in Baghdad, Iraq, on May 29, of injuries sustained when a vehicle-borne improvised explosive device detonated near his HMMWV during reconnaissance patrol operations. Funkhouser was assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade, 4th Infantry Division, Fort Hood, Texas.

The Department of Defense announced the death of two Marines who were supporting Operation Iraqi Freedom.

Cpl. Richard Bennett, 25, of Girard, Kan.

Capt. Nathanael Doring, 31, of Apple Valley, Minn.

Both died May 30, following a non-hostile helicopter accident near Al Taqaddum, Iraq, on May 27. Both were assigned to Marine Light/Attack Helicopter Squadron-169, Marine Aircraft Group-39, 3rd Marine Aircraft Wing, I Marine Expeditionary Force, Camp Pendleton, Calif.

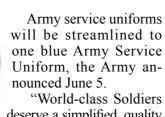
Cpl. Jeremy Loveless, 25, of Estacada, Ore., died in Mosul,

News

Iraq on May 29, when his Stryker came under enemy small arms fire during combat operations. Loveless was assigned to the Army's 2nd Battalion, 1st Infantry Regiment, 172nd Stryker Brigade Combat Team, Fort Wainwright, Alaska. Cpl. J. Adan Garcia, 20, of Irving, Texas, died on May 27 in the National Naval Medical Center in Bethesda, Md., of injuries sustained May 22 in Baghdad, Iraq, when his convoy encountered small arms fire received while returning from an explosive ordnance mission. Garcia was assigned to the 1st Brigade Special Troops Battalion, 1st Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

Army streamlines service uniforms to one blue Army Service Uniform

Army News Service



deserve a simplified, quality uniform. The blue Army Service Uniform is a traditional uniform that is consistent with the Army's most honored traditions," said Sgt. Maj. Of the Army Kenneth O. Preston.

"We have all of these variations of uniforms – green, blue and white," said Army Chief of Staff Gen. Peter J. Schoomaker. "It makes sense for us to go to one traditional uniform that is really sharp and high quality and which Soldiers will be very proud to wear. And that's what we've done by adopting this blue Army Service Uniform that reflects simplicity, quality, utility and tradition."

Many Soldiers already own an Army blue uniform (now to be called the Army Service Uniform) and may continue to wear it. Improvements will be made to the fabric and fit. Reduction of the number of uniforms will reduce the burden on Soldiers for purchases and alteration cost.

Introduction in the Army Military Clothing Sales Stores should begin in fourth quarter of fiscal year 2007. Introduction in the Clothing Bag should begin first quarter 2009. The Mandatory Possession Date is expected to be fourth quarter fiscal year 2011.

A wear-out date for the Army Green Class A and White dress uniforms will be determined at a later date.

The consolidation of Army service uniforms is part of a streamlining process. In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army Combat Uniform in place of the Woodland Green Battle Dress Uniform (winter and summer versions) and the Desert Combat Uniform. That uniform consolidation has been a resounding success in terms of soldier acceptance and reducing the variety of combat uniforms with which they must deal.

Army Blue as a uniform color traces its origins back to the National Blue and was first worn by Soldiers in the Continental Army of 1779.

Besides tradition, the Army Service Uniform reflects utility, simplicity and quality.

- In utility, the blue Army Service Uniform provides a basic set of components that allow Soldiers to dress from the lowest end to the highest end of service uniforms with little variation required.
- In simplicity, the blue Army Service Uniform eliminates the need for numerous sets of green Class A uniforms, service blue uniforms and, for some, Army white mess uniforms (and tunics, for women). Streamlining various service uniforms into one Army Service Uniform reduces the burden on Soldiers in the same manner that the Army Combat Uniform (ACU) did for the field utility uniform.
- In quality, the blue Army Service Uniform is made of a durable material that is suitable for daily use without special care.

Information about the blue Army Service Uniform and its composition is available at www.army.mil/symbols/uniforms.

Myer School Chalk Talk

At the end of the school year, Ms. Brady's fourth graders learned about cave and rock art. They painted their own pictographs on crayon rubbings of rocks and shared with their classmates what they painted and why. The fourth graders also learned how to create "foil action figures" out of aluminum foil, masking tape, colored tissue, yarn, and lots of creativity. They enjoyed playing with their little people and some even made foil action animals, too. Ms. Brady's fifth graders designed foam printing plates with a genre theme and had to include some pattern in their drawing. Once the plates were finished, the students used brayers and black printing ink to print three impressions of their plates. They learned how to correctly number their prints using 1/3, 2/3, and 3/3. After the prints were dry, the students chose their best one to mate on colored construction paper and write a Haiku poem about their work. The class will end this wonderful school year with students drawing pictures of what they think it will be like, next year in the new school building.

Congratulation to 4th Quarter Principal's Honor Roll: Adrienne McNamara, Ahmauri Williams-Alford, Briana McCloskey, Brittany Saffo, Cassandra Castillo, Christy Mata, Cody Halvorson, Fernandes Boyd, Jacob Branderhorst Jada Womble,, Jasmine Greene, Juliana Coriz, Justin Bayne, Kaitlyn O'Rahilly, Kiley Haftorson, Leilani Harbison, Marisa Torres, Megan Richard, Nicholas Baxter, Nicholas Rangus, Paul Michael Shulsky, Savannah Payton, William Youngberg, and Zachary Lambert.

Academic Excellence Awards: Allie Bryant, Ayslyn Leslie, Benjamin Morris, Brittany Saffo, Christian Keen, Cody Halvorson, Cortlin Austin, Danielle Villali, Emily Fabor, Erikka King, Erin Chapman, Fernandes Boyd, Jada Womble, James Kolyer, Justin Bayne, Justin Clark, Kendra Chandler, Leilani Harbison, Madeline Colley, Marisa Torres, Megan O'Bryan, Nicholas Baxter, Nicholas Rangus, Patrick Tarbet, Savannah Koceja, Savannah Payton, Stephanie Wilson, William Youngberg, and Zachary Lambert.

Outstanding Growth Awards: Autumn Alaniz, Bradley Dean, Calvin King, Carlos Acosta, Carolyn Miller Charlotte Smith, Chelsey Gilchrist, Cheyenne Grimm, Christian Graves, Dalton McAninch, Danielle Campos, Deborah Romano-Montes, Jadzia Caparulo, Jaron Mc-Call, Jaykwan French, Jericho Rains, Josh Lashendock, Joshua Leupolu, Judges Rains, Kaeleb Newby, Katarina Towery, Lauren Beck, Madison King, Malik Stevenson, Megan Besmer, Rebecca Eastman, Shakeya Weatherspoon, Stephanie Wilson, Stina Beattie, Tracy Highsmith, and Tyler Unger.

Perfect Attendance Awards: Brittany Saffo, Cameron Miller, Dalton McAninch, Devante Robinson, Emily Barrientos, Kurtiss Tooley, JaBry Green, Jadii Pope, Jessica Sanchez, Miles Ritchey, Natalie Carr, Rebecca Eastman, Sharon Li, and Tyrell Penson.

Excellent Attendance Awards: Ashley Laszok, Benjamin Morris, Bradley Dean, Carlos Acosta, Carolyn Miller, Cassandra Castillo, Cassandra Morgan, Chelsey Gilchrist, Cheyenne Garrett, Denali Readinger, Elizabeth Marcum, Erin Chapman, Hazel Grubbs, James Kolyer, Jaykwan French, Juliana Coriz, Justin Clark, Kaitlyn Sokolowski, Killian Klepinger, Matraca Lawrence, Megan O'Bryan, Megan Richard, Megan Sokolowski, Nicholas Baxter, Scott Irwin, Shakeya Weatherspoon, Shelby McWilliams, Stephanie Wilson, Tianna Smith, Tyler Scarborough, Vaughn Sanders, and Tyler Dunstan.

Fit for Life: Importance of Cardiovascular Fitness

By George Colfer

Cardiovascular fitness, also known as cardiorespiratory fitness, pertains to the effectiveness of the heart, lungs and circulatory system to provide the cells of the body with the necessary substances to perform work or activity for an extended period of time.

Of the five health-related components (cardiovascular fitness, strength, muscular endurance, flexibility and body composition), CVF ranks as the top for a healthy lifestyle.

The term aerobic activity, which means "with oxygen", is the key factor for CVF. One must be able to perform continuous activity at a heart rate which allows you to sustain the activity for its duration without going into "oxygen debt", which is termed anaerobic activity.

Contrasting examples would be running a 5 or 10 kilometer run (aerobic) versus a 100-meter dash (anaerobic), an all-out effort of short duration.

To benefit your heart, lungs and circulatory system, the exercise must involve large-muscle groups so that the heart has to pump large quantities of blood. This makes more oxygen available to the muscles during exercise and increases their ability to use oxygen.

Activities such as brisk walking, running, bicycling, swimming, hiking, cross-country skiing, rowing, cardiovascular machines and endurance-type games are the modes of activity to produce CVF.

The basis for cardiovascular training is the frequency, intensity and duration of the activity. The American College of Sports Medicine and Centers for Disease Control and Prevention have established guidelines and recommendations for the quality and quantity of the exercise to develop and maintain CVF.

A brief summary is as fol-

A: Physical activity of moderate intensity for at least 30 minutes per day for five days or more per week. Moderate intensity is considered activity that causes "small or moderate changes in breathing and heart rate".

Activities such as brisk walking, some types of housework, gardening and bicycling for transportation may fall into this category. A guide for moderate intensity would be up to 60 percent of one's maximum predicted heart rate.

B: Physical activity of vigorous intensity for at least 20 minutes per day for three days or more a week. Vigorous intensity is considered activity that causes "vigorous or large changes in the breathing and heart rate".

Activities such as running, swimming, road or mountain biking, hiking (with climbing) and games like full-court basketball or soccer may fall into this category. A guide for vigorous intensity would be an MPHR of above 60 percent to 80 percent.

To develop CVF, one must be able to sustain the activity for the selected duration. This is referred to as your "Threshold of Training", which involves your Training Heart Rate or the percentage of MPHR at which you need to train. To obtain your MPHR, the simplest way is to take the number 220 minus your age. Then multiply that figure by the desired percentage. The result is your Training Heart Rate. Since it is quite difficult to maintain a single heart rate throughout activity, another way is to establish a Target Zone. This is a range of the minimum to maximum

for your training session. It is much easier to stay within a range and still provide the necessary work.

As you continue to improve your CVF, your Training Heart Rate will lower and drop out of your range, even though you are exercising the same. This is a sign that your heart and vascular system have adapted to the exercise and it is now time to increase the intensity, frequency or duration. As an example, you are running three miles at a ten-minute pace, three times weekly at a target heart rate of 70 percent.

When this becomes easy, you could increase the distance, say by one-half mile (duration) or increase the frequency by adding a training day or decrease your pace to nine and one-half minute mile (intensity).

In other words, run faster, run farther or run more days, but do not increase all three at the same time or you may become a victim of fatigue or burnout. One suggestion is to mix or alternate aerobic activities. As an example, run three days and bike or swim on two days per week. The ratio can be changed as needed. Keep in mind if a PT test is in the near future, be sure to focus your training on that activity until completed.

In order to maintain the training effect, exercise must be continued on a regular basis. Significant reductions in fitness levels occur within about two weeks after training stops.

The goals and physiological benefits of aerobic training for CVF are as follows:

To lower resting heart rate

To increase stroke volume (amount of blood ejected per contraction by the heart)

To lower blood pressure

To lower blood fat levels (cholesterol, lower LDL, raise HDL) To lower body fat content (percent of body fat versus lean bodyweight) To increase caloric expenditure (for weight control) To maintain healthy, elastic arteries

The value of a strong and



Professional rodeo coming to Fort Huachuca

MWR will present a professional rodeo exhi-sional stunts and historical re-enactments. bition, beginning at 12:30 p.m., June 18 at Wren Arena, Fort Huachuca.

The rodeo will feature both saddle and bareback bucking horse riding, bull riding and barrel racing.

Those attending the rodeo will be treated to a bit of history, as Fort Huachuca's 4th Regiment, U. S. Cavalry (memorial) "B Troop," performs a demonstration which realistically depicts a unit that served at Fort Huachuca in the 1880s.

The Tombstone Vigilantes will also be on hand to recreate the old west through re-enactments of the era, with authentic period clothing, profes-

Concessions will be available to purchase.

The rodeo is open to the public and admission is \$3 for adults 16 and over; \$1 for youth 5-15; and children 4 and under are free.

For more information, call 533-3354.

Barrel racing, bronc riding and bull riding are just some of the exciting events that will featured at the rodeo June 18 at Wren Arena.



CISM Volleyball starts Saturday at BFH

The Council of International Military Sports will present the World Military Volleyball Championships beginning Saturday at Fort Huachuca.

The following countries will have both men's and women's teams competing: Canada, China, the Netherlands and the United States.

Cyprus, Germany, India, Qatar and the Republic of Korea will have men's teams competing.

The United States 2006 CISM teams were chosen from the athletes who recently participated in the Armed Forces competition, also held at Fort Huachuca.

The CISM Volleyball opening ceremony will be held at 9:30 a.m., Saturday at Bujalski Field, next to Barnes Field House.

Competition will begin Sunday at Barnes Field House. There is no admission charge, and the public is invited to attend the matches.

For more information, 533-2948.

'Parent & Me' swim lessons scheduled

Child and Youth Services SKIES Unlimited and Fort Huachuca Pools are partnering to bring "Parent & Me" swim classes this summer. The classes are designed for children 6 months to 3 years, to be accompanied by a parent.

Registration for swim lessons will be held Monday through July 6 at the CYS Central Registration Office at Murr Community Center, Building 51301. Participants must be CYS members. Cost is \$35 for the three-week session.

The classes will be held from 10:15 to 11 a.m., July 8, 15 and 29 at Barnes Field House Indoor Pool.

For more information, call 533-0738 or 533-8347.

Summer specials at Desert Lanes

Desert Lanes Bowling Center is now offering their daily specials, at the following reduced prices for the

From 11 a.m. to 4 p.m., Monday is Youth Day -Those 17 and under can bowl for 75 cents per game; From 11 a.m. to 4 p.m., Tuesday - Anyone can bowl

for \$1 per game. Shoe rental is also \$1;

From 11 a.m. to 8 p.m., Wednesday - Active Duty Day - Military bowl for 50 cents per game and may rent shoes for 50 cents;

From 11 a.m. to 4 p.m., Thursday - Seniors' Day - Seniors bowl for \$1.25 per game;

From 4 to 8 p.m., Friday - Family Rock 'n' Bowl - Everyone can bowl for \$15 per lane for two hours;

From 11 a.m. to 8 p.m., Sunday is Family Day - Patrons can rent a lane for \$10 for the first hour and \$8 for the second hour. Shoe rental is \$1.

In addition to the daily specials, all league bowlers may bowl for \$2 per game every day at Desert

Rock 'n' Bowl is also offered from 9 p.m. - 1 a.m., Friday and Saturday nights, and features glow-in-thedark lanes, pins and carpeting along with satellite disc jockey music. You can bowl for \$30 per lane for two hours. This price includes shoe rental.

Call 533-2849 for more information.

Beginner's, Ladies' Trap, Skeet classes

The Sportsman's Center is holding trap and skeet classes for beginners at 11 a.m. and a second session at noon, tomorrow. The beginners' clinic will also be offered June 16, 23 and 30.

A ladies' shooting clinic, including gun safety, marksmanship and an introduction to trap shooting, will be held at 10 a.m., Saturday. The ladies' clinic will also be offered June 17 and 24.

The cost of each class is \$14.50 and includes gun rental, ammunition, range fees, ear protection and instruction by a qualified instructor.

For more information, call 533-7085.

New classes at MWR Arts Center

The MWR Arts Center offers a variety of classes in June, including: a black and white photography class 6 - 8 p.m., June 15, 22, 29 and July 6, cost \$75; arts and crafts classes for youth ages 13 - 17, June 21, 22 and 27, cost \$9.50 per class; and ceramics orientation pouring class, available on a walk-in basis, cost \$28.

The following summer hours are now in effect at the Arts Center: open 9 a.m. - 5 p.m., Tuesday - Saturday; and closed, Sunday and Monday.

For a complete list of classes, visit the MWR Arts Center, Building 52008, Arizona Street.

For more information, call 533-2015.

Father's Day Sale at MVGC

Mountain View Golf Course Pro Shop will hold a "Father's Day Sale," June 16, 17 and 18. All apparel and golf clubs will be marked down 10 percent those three days.

Call 533-7088 for more information.

Trail rides at Buffalo Corral

Buffalo Corral Horseback Riding Stables offers sunset trail rides 6 - 8 p.m., every Thursday. These rides are open to the public, 7 and up. Reservations and pre-payment are required by close of business Sunday before the ride.

For more information or to register for trail rides, call Buffalo Corral at 533-5220.

Free golf clinic at MVGC

Mountain View Golf Course will hold a free golf clinic for beginners from 10 to 11 a.m., June 22. The clinic will teach the basic fundamentals of the swing and the game of golf. The use of clubs and balls will be provided at no charge.

Space is limited, so call 533-7088 to register.

FCC needs child care providers

The Fort Huachuca Family Child Care program will begin offering new provider training on a monthly basis beginning the week of June 26.

FCC is looking for individuals who want to earn an income, raise their children and make a difference in another child's life.

Individuals who want to provide full-time care, part-time care, hourly care or who would like to be a back-up provider are needed.

To become part of this growing program, visit the FCC office at Murr Community Center or call

Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.army.mil or visit us on the Web at mwrhuachuca.com

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U.S. Volleyball teams set for CISM

Story and photos by Thom Williams

Scout Staff

The U.S. men's and women's All-Armed Forces Volleyball teams have been practicing since May 22 for the upcoming 27th Conseil International du Sport Militaire or World Military Volleyball Championships that open here on Saturday at Bujalski Field.

A draw to determine groupings will be held Saturday afternoon with the first game of the tournament slated for 8 a.m. Sunday at Barnes Field House.

Jerry Weydert will serve as the men's coach and Kevin Gould will guide the women. They will assist each other on the sidelines.

Men's team

Jerry Weydert brings more than 36 years of volleyball experience to the men's team. Weydert says he has played in the National Championships in different age groups 22 times.

He's coached at the college level at Saint Martin's University College in Lacey, Wash. and Pacific Lutheran, in Tacoma, Wash.

Weydert also guided the All-Army men's and women's team four times and is currently serving as sports director at Fort Lewis, Wash.

He is running the players through one major and one specialty practice per day at Barnes Field House and Eifler Physical Fitness Center.

"Anytime you get a group of players from different armed forces teams you have to develop a system so they can work together and be cohesive on the floor and that is what we are practicing for," Weydert said.

He went on to say that he expects the men's team to be ready to compete against the eight international military teams that are due to arrive here today and tomorrow.

"I can't tell you what our win-loss record is going to be but we will be competitive with the other teams," he

So far, Weydert is pleased with



Nikki Marino, (left) from the U.S. Air Force and Marci King from the U.S. Army practice setting and spiking during a work out at Barnes Field House. The athletes are preparing for the World Military Volleyball Championships that open here on Saturday at Bujalski Field.

the way the coaching arrangement is working out.

"We communicate very well," he said. "It's like we both have the same antennas in our heads. One thinks of something and the other says, 'gosh I just thought of that,' so it's working great."

Women's team

Kevin Gould is coach of the U.S. Armed Forces Women's team. Gould guided both the men's and women's U.S. Marine Corps team in the Armed Forces Volleyball Championships last month and brings 25 years of playing and 12 years of coaching experience to the team.

He also is a high school volleyball coach in North Carolina.

Gould has one intense practice per

day and then offers specialty work after that.

The former CISM assistant coach says his players are still jockeying for position, and after a scrimmage in Phoenix over this past weekend he hopes to have a better idea of where his team stands.

Like the men's team, the women's squad has players with varied backgrounds. Some played in high school while others have played at the international level.

"We just have to find one system that works for all the players and can make good team chemistry," Gould said

He coached for the U.S. at the last CISM Volleyball tournament in Canada where he had a chance to scout the competition. He believes this year the U.S. women will do well.

"We have a great chance of getting past the Netherlands, and taking a look at China for the first time will be a great experience for everybody," he said.

The draw to fill in the pools will take place Saturday at 3 p.m. at Murr Community Center. The men's competition will be broken into three pools of three teams, while the women will compete in a double round-robin tournament.

The pool system is similar to the group system used in the World Cup soccer tournament that begins tomorrow in Germany.

Leslie Woods, chief of Sports and Fitness, expects the impact of the tournament on Fort Huachuca athletic facilities to be small.

"First off, the intent is to minimize the impact on facilities and both Barnes

See CISM, page B3

June 8, 2006 The Fort Hijachlica Scout ®

From **CISM**, page B1

Field House and Eifler Physical Fitness Center are still going to be used for Soldiers physical training between 5-7:30 a.m.," Woods said

Both gymnasiums at Barnes and Eifler are for the exclusive use of the CISM athletes between 8 a.m. and closing effective today until June 17.

"Now, if the countries come here and we find they don't want to train, then we will adjust the schedule to allow for more local use of the facilities," Woods added.

From 11 a.m. to closing, the Barnes Field House wallyball court and racquetball court five will be used for team warm-ups and meetings prior to matches.

Woods said he expects only those areas will be affected by the World Military Volleyball Championships.

He went on to say that he is going to encourage the CISM athletes to use Irwin swimming pool and the recently built outdoor beach volleyball facility that is adjacent to the facility.

He expects the volleyball players to end up on the beach volley court which will give the spectators a great opportunity to see excellent beach volleyball pick-up games.

Woods had the opportunity to travel to Zagreb, Croatia in 1999 for the Military World Games and said the level of volleyball play spectators are going to see is awesome.

"It's something that we have never seen here in this valley," Woods said. "These men and women are Olympic-level athletes and to watch them play is quite something to see."



Above: Jerry Weydert, (left) men's coach and Kevin Gould, coach of the women's All-Armed Forces Volleyball team review paperwork during practice at Barnes Field House. The coaches bring a total of 51 years of volleyball experience to the U.S. teams.

Below: Members of the U.S. men's All-Armed Forces Volleyball team scrimmage at Barnes Field House. The U.S. atheletes will go up against military volleyball players from Canada, China, Cyprus, Germany, India, South Korea, the Netherlands and Qatar.



Huachuca Art Association to offer classes for aspiring artists

The Huachuca Art Association will offer art classes for adults

June workshops include Intermediate Oil Painting and Water Soluble Color Pencils (Beginner to Intermediate). For more information about these and other workshops, call Patrice at 803-7661.

Bisbee Farmers Market offers family oriented fun

The Bisbee Farmers Market is open in Vista Park from 8 a.m. to noon on Saturdays. To get to Vista Park from Sierra Vista, take Highway 92 or Highway 90 then Highway 80 to the Bisbee roundabout. Take the Bisbee Road exit and continue on to Vista Park on the left.

Upcoming Events at Bisbee Farmers Market include, Saturday: solar cook-off and expo, June 17: goat milking demonstration, June 24: rain dance and blessing for San

For information, call 234-3306 or email jackcannon2005@msn.com.

Summer reading program underway

Registration for the Sierra Vista Library's youth summer reading program is currently underway.

This year's summer reading programs are "Paws, Claws, Scales and Tales!" for children and "Creature Feature" for teens. The programs are designed to help children maintain their reading skills during the recess from school. Children can participate by reading set goals – 30 reading hours for 1st grade through 6th and 40 hours for teens. The last day to register is July 1.

Once youth have read for the designated number of hours, they can pick up prizes. Reading logs contain all

For information, call 458-4225.

Sierra Vista Library youth summer programs

The following programs run on Thursdays from 10:15 to approximately 11 a.m. at the Sierra Vista Public Library, 2600 E. Tacoma Street. Seating is on a first come basis. Due to room size, parents and preschoolers are asked to visit the library during the programs.

June 15—Air Major Flying Dog Show-come see daring

June 22—Mad Science-investigate the wonders of sci-

June 29—Leadership & knowledge through the martial arts, AFP presenting.

July 6—Slithery and scaly snakes from Gray Hawk

July 13—Bears, Bears, Bears—come learn about bears. July 20-Last Program-Grand Prize Winners announced.

For information, call 458-4225.

AFTB Level I classes offered

Army Family Team Building will offer the AFTB Level I Course 9 a.m. - noon, Tuesday, June 27 and 29 at Murr Community Center, Building 51301.

AFTB Level I, also known as "Army 101" provides an introduction to Army life

The course is free, but call ahead and register with ACS. For more information or to register, call 533-2330 or 533-

AFTB Level II classes offered

Army Family Team Building will offer the AFTB Level II Course 8 a.m. - 5 p.m., June 17 and 24 at the Army Community Service Building 50010.

AFTB Level II is a series of classes that range from understanding Army life to enhancing leadership skills.

The course is free, but call ahead and register with ACS.

For more information or to register, call 533-2330 or 533-3686.

Thrift shop seeks volunteers

The Fort Huachuca Thrift Shop is looking for volunteers who would like to work in the office and in the consignment room. Those interested should call 458-4606 or come to the Thrift Shop on Tuesday or Thursday between 9:30 a.m. and 3 p.m. and ask for Lois.

Parent-Tot play group meets

During the months of June, July and August, the Family Advocacy program of Army Community Service will hold its parent-tot play group 9:30 - 11:30 a.m., Wednesdays, at Len Roberts Park, next to Carmichael Elementary School, Carmichael Drive, Sierra Vista.

Parents with children between the ages of birth to 5 are invited to attend. The play group offers the opportunity to interact and meet new friends, share information and have

For more information, call ACS at 533-6877 or 533-

Tombstone Vigilantes declare month of **June Military Appreciation Month**

All active duty, reserve, national guard, and retired U.S. Armed Forces personnel with I.D will be admitted FREE for the Tombstone Vigilante's two shows on Sunday, Saturday and June 25th at 1 p.m. at the Helldorado Town set at 4th and Toughnut streets in Tombstone.

Don't miss this opportunity to see this Western reenactment groups.

Elks invite public to "Honor Our Flag"

The Sierra Vista Elks invite the public to a Flag Day ceremony at 2 p.m. on Sunday at the Elk's Lodge Ramada, 1 Elks Drive, near Fort Huachuca's Main Gate.

At The Movies

Showing at the Cochise Theater for the next week are:



Today -7 p.m.

The Sentinel

PG-13

Friday

American Dreamz

PG-13

Saturday -7 p.m.

Silent Hill

Sunday -2 p.m.

Akeelah and the Bee

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

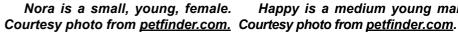
For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



Pets Of The Week-







Happy is a medium young male.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

In addition to honor guards and speakers, Boy Scouts from Troop 444 will parade flags from various eras of our country's history.

Refreshments will be served after the ceremony. There is no cost to attend.

For information, call Vince Kopec at 378-6890.

Widowed Support Center

The Widowed Support Center, located at the corner of Fry Boulevard and Buffalo Soldier Trail is open from 9 a.m. to 3 p.m. Monday through Friday.

The staff welcomes visitors to join them for coffee, tea and conversation. Those who've never been to the center are especially invited. Wednesdays are crafts days during normal hours of operation.

For information, call 533-3807.

Special meal Wednesday at DFACs

Virginia Hall and Yardley Dining Facilities celebrate the Army's 231st Birthday from 11 a.m. to 1 p.m. on Wednesday with a special lunch open to anyone with access to Fort Huachuca.

For \$5.25 per person, enjoy crab legs, shrimp scampi, fried shrimp, fried fish, baked fish, steamship round, macaroni and cheese, baked potatoes, corn on the cob, and a variety of vegetables, salads and desserts that include an Army birthday cake.

These facilities are normally open to student Soldiers only. However, since the military are on holiday, the facili-

ties and special meal are open to everyone in appreciation of your support of the Army and its mission.

Books Needed

Friends of the Sierra Vista Public Library are seeking book donations to restock their shelves after last month's book sale

The Friends take donations of hard, paperback and audio books along with CD's, videos, records, craft magazines, puzzles and games. Specialty books such as military manuals are also accepted.

Simply box or bag your donation and bring it to the library at 2600 E. Tacoma in Sierra Vista, near City Hall.

Donations are tax deductible and all book sales benefit the Sierra Vista Library and programs. For more information call 458-4225.

Public Affairs Office has free Sidewinders tickets

The Fort Huachuca Public Affairs Office has free tickets to the Tucson Sidewinders vs. Salt Lake City Bees baseball game at 7 p.m. tomorrow at Tucson Electric Park.

This is the Sidewinders' annual Military Appreciation Night complete with fireworks after the game.

Tickets are available to anyone with an affiliation to Fort Huachuca. The Public Affairs Office, Building 21115, is located on Brown Parade Field across from the Gazebo and is open from 7:30 a.m. to 5 p.m. Monday through Friday.

Juneteenth Festival in Tucson planned

A Juneteenth Festival takes place from 6-11 p.m., June 16 and from 3-11 p.m., June 17 at Kennedy Park in Tucson. For information and directions, visit www.Tucsonjuneteenth.com or call (520) 393-3829/791-4353.

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